

W.O.W.

Workout of the Week

BOSU BLAST

Time: 15-45 minutes

Equipment: BOSU
Dumbbell

Instructions: Complete all of the exercises in each circuit before moving to the next one.

Level	Adjustments
Beginner	1-2 sets of 10
Intermediate	2-3 sets of 15
Advanced	3-4 sets of 20

Circuit 1

Squat and Press
Lateral Lunges on BOSU
Mountain Climbers on BOSU

Circuit 2

Burpees Holding the BOSU
Plank Rows
Russian Twists on BOSU

Circuit 3

Static Lunges, Back Foot on BOSU
Plank Jacks, Hands on BOSU
Wood Choppers



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See a Personal Trainer for more detailed instructions or a demonstration.



Wisconsin Athletic Club

Always consult your physician before starting any exercise program.
www.thewac.com